America on the move
Steps to a
Healthier Way of Life℠

Rx for Better Health

WHAT CAN YOU DO TO HELP PREVENT THESE HEALTH PROBLEMS?

1. Lose weight if you're overweight.

2. Eat a healthy diet low in saturated fat, cholesterol and sodium.

3. Eat a diet rich in fiber and whole grains.

4. Be more physically active.

FAST FACTS ON WEIGHT AND HEALTH:
YOUR HEART

Being overweight or obese can significantly increase your risk for developing heart disease, having a stroke, increasing your blood pressure, and increasing your cholesterol. Here are a few facts for you to think about:

Heart Disease and Stroke

Being overweight or obese increases the risk of illness and death associated with heart disease.

Obesity is a major risk factor for the most obvious sign of heart disease - a heart attack, and is now recognized as such by the American Heart Association.

Hypertension (High Blood Pressure)

Blood pressure is particulary sensitive to body weight - the heavier you are, the more likely the higher your blood pressure will be. Losing as little as 10 pounds can have a great impact on lowering blood pressure, especially in those who are overweight or obese.

Over 75% of abnormally elevated high blood pressure cases are reported to be directly attributed to obesity.

High Cholesterol

Obesity increases both the risk of heart and blood vessel disease (also known as cardiovascular disease or CVD) due to its effect on blood lipid levels.

Weight loss improves blood lipid levels by lowering triglycerides and LDL ("bad") cholesterol and increasing HDL ("good") cholesterol. A weight loss of 5% to 10% can reduce total blood cholesterol.

INFORMATION PRESENTED ADAPTED FROM THE AMERICAN OBESITY ASSOCIATION'S FACT SHEETS, HEALTH EFFECTS OF OBESITY WWW.OBESITY.ORG/SUBS/FASTFACTS/HEALTH_EFFECTS.SHTML AND THE AMERICAN HEART ASSOCIATION'S "DISEASES AND CONDITIONS" AT WWW.AMERICANHEART.ORG, 2004.

America On the Move, with support from LEAN CUISINE®, presents the Healthcare Professional Toolkit, designed to show patients how small steps can lead to big changes that improve health and quality of life.